

A GUIDE
TO PEDIATRIC
OVERWEIGHT
PROGRAMS
IN GREATER BOSTON
2006

Institute for Community Health

A collaboration of Partners Healthcare, CareGroup and the Cambridge Health Alliance

119 Windsor Street Cambridge, MA 02139

CAMBRIDGE HEALTH ALLIANCE (CHA)

Cambridge Hospital Somerville Hospital
1493 Cambridge Street 230 Highland Avenue
Cambridge, MA 02139 Somerville, MA 02143
617-665-1264 (pediatrics) 617-591-4450 (Broadway Health Center? pediatrics)
Elvira Johnson, MS, RD, CDE, Director, Clinical Nutrition Services
617-665-2021; information only.

Program philosophy:

CHA offers individual nutritional therapy and exercise information to children and their families at Cambridge and Somerville hospitals and its affiliated neighborhood health centers. This is not a comprehensive weight control program. The focus is on realistic goal-setting and step-by-step change. The goal is for children to eat as healthily as possible and exercise as much as possible. Emphasis on weight maintenance – not necessarily weight loss.

How is success measured?

Success is measured relative to goals set by family and child.

Age range of clients:	ages 0 to 21
Type of staff:	Registered dietitians (many with advanced degrees) and pediatricians. Mental health professionals consulted as necessary.
Criteria for entry:	Physician referral required.
Treatment schedule:	Varies according to individual need, or longer if necessary. Typically, visits are monthly for first 3 months, then more infrequent.
Availability?	1-week or more waiting period for appointment. Varies depending on site.
Multi-lingual staff?	Many nutritionists speak Spanish and Portuguese; interpreters available at all neighborhood health centers and pediatric primary care sites.
Hours of operation?	Weekdays + some evening appointments are available.
Insurance coverage?	Many insurance policies, including Medicaid, do not cover weight management. Some HMOs may cover limited visits but often require prior authorization.
Creative financing?	CHA has some grant money available for free care for patients who may need nutrition counseling.

KIDS ON THE MOVE

Dept. of Physical Therapy
Newton-Wellesley Hospital
2014 Washington Street
Newton, MA 02462
617-243-6172 (phone)
617-243-6377 (fax)

Contacts: Rachel Kramer, Physical Therapist
Jim Zachazewski, Director of Rehabilitation Services

Program philosophy:

KIDS is a new multi-disciplinary program at Newton-Wellesley Hospital. It focuses on exercise, nutrition education, and peer behavior and counseling. Meetings consist of 30-minute lectures and 45-minute exercise sessions. The goal is for children to healthy eating and fitness activities pursue on their own initiative after program completion.

How is success measured?

The family's adoption of a healthier lifestyle in terms of eating habits and exercise.

Age range of clients:	ages 8 to 16
Type of staff:	Physical therapist, nutritionist, child-life specialist
Criteria for entry:	Must have referral from pediatrician. At least one parent (or guardian) must be able to attend all sessions.
Treatment schedule:	8 sessions for 4 weeks, T & TH evenings, 5:15 p.m.-7 p.m. Group environment.
Availability:	Program accommodates six families per session (need at least three families to initiate session).
Multi-lingual staff?	English, Spanish, and Russian.
Hours of operation?	Information: M-F, 8:30 a.m.-5 p.m.; sessions: T & TH evenings, 5:15 p.m.-7 p.m.
Insurance coverage?	At this time insurance coverage is not available. Program cost: \$300.
Creative financing ?	Not yet.

MGH WEIGHT CENTER

Massachusetts General Hospital
100 Charles River Plaza, 5th Floor
Boston, MA 02214
617-726-4400 (phone)
617-724-6565 (fax)

Contacts: Dr. Alison Grew Hoppin
Associate Director for Pediatric Programs
MGH Weight Center

Program philosophy:

Established in 1999, the MGH Weight Center stresses a multi-disciplinary approach. Each child is evaluated by a physician, dietitian, and psychologist, who then design a program to meet that child's unique needs. Emphasis is on developing healthy eating and physical activity patterns, and setting realistic long-term goals. The team is particularly sensitive to issues of teasing, self-esteem, and even depression that may affect overweight children and adolescents. When appropriate, the program also makes research protocols available to patients.

How is success measured?

Children are encouraged to focus on achieving a healthy body weight and healthy self image.

Age range of clients:	ages 4 to 18 (for younger children families at risk are a priority)
Type of staff:	Pediatricians, pediatric nutritionists, pediatric psychologists
Criteria for entry:	Referral
Treatment schedule:	Programs are organized in 10 week blocks; long-term participation in maintenance programs is encouraged.
Availability:	Group based sessions can start anytime for initial visits, but one on one visits would be later in the Spring.
Multi-lingual staff?	Interpreters available by prior arrangement.
Program hours:	Wednesdays 4-5pm
Insurance coverage?	Medical insurance generally covers initial consultation. Most Insurance does not cover entire program.
Creative financing?	Available.

MOUNT AUBURN HOSPITAL

Outpatient Nutrition
330 Mt. Auburn Street
Cambridge, MA 02238
617-499-5189 (phone)
617-499-5673 (fax)
Contact: Julie McVay

Program philosophy:

Program offers nutrition counseling to patients referred by other physicians. This is not a multi-disciplinary program. The approach is to develop healthy eating habits among pediatric patients. In most situations, nutritionists concentrates on maintaining a child's current weight, rather than weight reduction.

How is success measured?

When a patient is able to successfully change his/her eating behavior.

Age range of clients:	Adults
Type of staff:	Registered dietitians
Criteria for entry:	Physician referral; self-referral is OK, but fees will be out-of-pocket.
Treatment schedule:	Varies.
Availability:	1-2-week waiting period (at this time).
Multi-lingual staff?	Translators available.
Program hours:	Varies (one evening and 5 weekdays)
Insurance coverage?	Yes, if billed correctly.

OPTIMAL WEIGHT FOR LIFE PROGRAM (OWL)

Children's Hospital
300 Longwood Avenue
Boston, MA 02115
617-355-5159

Director: David Ludwig, MD, Ph.D. Director, OWL Program;
Assistant Professor of Pediatrics, Harvard Medical School
Contact: Tamyka Sanford 617-355-5159

Program philosophy:

The OWL Program at Children's Hospital is a multi-disciplinary program dedicated to the care of overweight children and their families. OWL combines dietary modification and physical activity with behavior therapy in an individualized fashion. Emphasis is on family-based intervention. One primary intervention is a "low glycemic index" diet, intended to decrease hunger and help promote weight loss naturally.

How is success measured?

A combination of weight loss and overall improved nutrition and physical activity. Another measure is a child's increased sense of well being and happiness.

Age range of clients:	2 - 20 y/o. Early childhood to late adolescence. Majority are pre-teens
Type of staff:	Pediatricians, nurse practitioners, nurses, dietitians, psychologists
Criteria for entry:	Children are usually referred through their primary care physician. Self-referrals are OK, but insurance coverage might be difficult to obtain. Must be overweight.
Treatment schedule:	4-hour initial visit in which a child might see a variety of care practitioners for 3 - 6 hours. Follow-up in one month to six weeks. Visits thereafter depend on individual needs.
Availability:	6-month waiting list for new patients.
Multi-lingual staff?	Interpreters available (Spanish).
Program hours?	Primary clinic (initial visit): TH mornings and some afternoons. Follow-up clinics held TH only; Nutrition visits are TH evening and W & F 8-1pm.
Insurance coverage?	OWL accepts all insurance. (Currently, MassHealth, Tufts, Harvard Pilgrim cover; BC/BS will if there is medical issue like Diabetes; Neighborhood Health Plan needs special authorization from a case manager.)
Creative financing?	If a family qualifies, Children's Hospital provides free care for lower-income families. Otherwise, families must pay out-of-pocket, if insurance doesn't provide coverage.
Website:	http://www.childrenshospital.org/

PROJECT HEALTH FITNESS AND NUTRITION PROGRAM (FITNUT) AND SPORTS AND NUTRITION (SPORTNUT)

Boston Medical Center
Dowling 3 South, Rm. 3505
One Boston Medical Center Place
Boston, MA 02118
617-414-3637 (phone)
617-414-3833 (fax)
Contact: Brian Milder

Program philosophy:

The Fitness and Nutrition Program (FitNut) provides preadolescent overweight girls from inner-city Boston with an opportunity to (1) incorporate safe exercise into their daily activity; (2) explore appealing and culturally-sensitive food options while focusing on the elements of a balanced diet; and (3) build self-esteem through one-on-one mentoring relationships with volunteers. The Sports and Nutrition Program (SportNut) is a similar program targeted specifically to boys.

How is success measured?

Through outcome measures such as fitness and endurance testing and pre- and post-program written tests on lifestyle habits and nutritional knowledge.

Age range of clients:	ages 10-13
Type of staff:	FitNut and SportNut are staffed by Harvard University undergraduate volunteers who work closely with physician mentors and nutritionists.
Criteria for entry:	Physician or school nurse referrals are the norm, but self-referral is permitted. All children must have a physical before joining the program.
Treatment schedule:	10-week sessions in spring and fall; kids attend both sessions. Generally, also a 7-week session in summer.
Availability:	Preference given to patients from Boston Medical Center. Maximum enrollment: 12 girls (FitNut); 12 boys (SportNut).
Multi-lingual staff?	Spanish.
Program hours:	2-hour sessions held twice a week @ Madison Park Community Center 55 New Dudley St. Roxbury, MA (girls program is T & F 330-530pm).
Insurance coverage?	FitNut and SportNut are free to participants.

THE WEIGHT CONTROL CLINIC

New England Medical Center
750 Washington Street
Floating Hospital, 2nd Floor
Boston, MA 02111
617-636-2244 (phone)
617-636-2386 (fax)
Contact: Dr. David Greenburg

Program philosophy:

Founded by Dr. Bill Dietz, the Weight Control Clinic at NEMC uses a multi-disciplinary team approach. Emphasis is on healthy eating and exercise. The goal is to change behavior through nutrition education and family counseling. Families set goals they feel can be realistically incorporated into their lifestyles.

How is success measured?

Weight maintenance precedes any effort to lose weight. Success is measured relative to goals set by family. Measures long-term success.

Age range of clients: ages 11 to 18

Type of staff: Pediatricians, nutritionists, and family therapists, psychiatrist, psychologist, exercise physiologist

Criteria for entry: Self-referral is OK; but the primary care physician is always involved in process.

Treatment schedule: Varies. Typically, monthly visits with the whole team for as many months as you want.

Availability: 3 weeks

Multi-lingual staff? Translators available for many languages. Spanish available without translators.

Program hours: M & TH, 9 a.m.-5 p.m.

Insurance coverage? Most plans accepted; some require referral. Can apply for free care through NEMC.

THE BODY SHOP

Faulkner Hospital

1153 Centre Street

Jamaica Plain, MA 02130

617-983-7146 (phone)

617-983-7138 (fax)

Contact: Gillian Grant, out-patient dietitian, 617-983-7146 x. 1791

Program philosophy:

The Body Shop is a behavior modification and weight control program for overweight children. The program does not encourage weight loss – the goal is to stabilize weight and control excessive weight gain. Emphasis is on lifestyle change, such as eating right, exercising more, and improving self-esteem. Each session consists of three components: nutrition, physical awareness, and counseling with a social worker.

How is success measured?

The goal is to empower kids to make their own decisions. Success is measured by the child's ability to make better food choices and improve exercise habits. Another outcome measure is improved communication between parent and child.

Age range of clients: ages 8 to 13

Type of staff: Registered dietitian, physical therapist, licensed social worker

Criteria for entry: Parents can self-refer, but program requires a recent physical (within last 6 months). A parent or guardian must be able to attend sessions with their child.

Treatment schedule: 8-week course. Meets on T, 7 p.m.-9 p.m. Program start dates are March 8th – May and another beginning in September.

Availability: No waiting period.

Multi-lingual staff? No, but this hasn't been an issue so far.

Program hours? Information, M-F, 8 a.m.-4:30 p.m.; Sessions: T, 7 p.m.-9 p.m.

Insurance coverage? All out-of-pocket. Program costs \$176 for both parent and child for 8-week course.

Creative financing? No.

Foundations Family Nutrition, Inc.

195 Binney St. Suite 3102

Cambridge, MA

617-577-0020

inger@FoundationsNutrition.com

www.FoundationsNutrition.com

Contact: Inger Hustrulid, RD LDN

Program philosophy:

Foundations Family Nutrition's mission is to empower children and their families to establish lifelong healthy eating and fitness habits through education, motivation, and support. We achieve this through carefully designed counseling, education, and motivational programs that both families and physicians have found to be effective and fun. We are unique in our emphasis on working with entire families to build team commitment and changes in the overall home environment. Our programs are based on cutting-edge nutrition science and are delivered in a fun and comfortable environment that feels like a home.

How is success measured?

Success is measured relative to goals set by families and individuals, and is often linked to targeted changes in eating habits and lifestyle.

Age range of clients: We work with all ages, including babies. However, as we emphasize working with entire families in the process, we accommodate people of all ages.

Type of staff: Registered dietitians

Criteria for entry: Self-referral or physician referral.

Treatment schedule: As often as needed, typically every 3 weeks; however, programs are customizable to individual needs. The whole family is encouraged to attend sessions.

Availability: 1-week waiting period (at this time).

Multi-lingual staff? English, French, Swedish, Spanish

Program hours? Mon-Sat: 8am-8pm

Insurance coverage? Our services are often covered by insurance, but this depends on your provider and plan. Call us at 617-577-0020 to determine if insurance coverage is available; Grant funding available to cover individuals without insurance.

Website:

[www.FOUNDATIONSnutrition.com](http://wwwFOUNDATIONSnutrition.com)